



The Heart Facts

- ♥ Heart disease is the #1 killer of American women, 1 out of every 4 women die of heart disease no matter what their race or ethnicity
- ♥ Heart disease can permanently damage your heart—and your life
- ♥ Heart disease is a "now" problem, "Later" may be too late

What Is Heart Disease?

- ♥ Coronary heart disease affects the arteries of the heart. The Heart doesn't get enough nutrient-rich blood
- ♥ Heart Disease is chronic, it develops over years.
- ♥ Atherosclerosis is the condition where arteries harden as **cholesterol, fat,** and other substances build up in artery walls resulting in blockage that can cause heart attack

The Heart Truth

- ♥ Heart Disease worsens if it isn't treated. It leads to disability or death.
- ♥ Heart Disease isn't "fixed" by surgery or procedures, such as bypass and angioplasty
- ♥ Heart disease can be **prevented** or controlled
- ♥ Treatment includes lifestyle changes and, if needed, medication
- ♥

The Heart Risk Factors You can control these!!!

- | | |
|--------------------------|-----------------------|
| ♥ Smoking | ? Overweight/obesity |
| ♥ High blood pressure | ? Physical inactivity |
| ♥ High blood cholesterol | ? Diabetes |

The Lower Heart Disease Risk Plan

(Solutions to the "now" to avoid the "later")

- ♥ GO!!! Moderate physical activity, 30 minutes most days of the week
- ♥ Follow a healthful eating plan
 - Low in saturated fat and cholesterol and moderate in total fat
 - Limit salt and sodium
 - If you drink alcoholic beverages, have no more than one a day

- ♥ Maintain a healthy weight
- ♥ Balance calories taken in with those used up in physical activity
- ♥ Stop smoking
- ♥ Manage diabetes
- ♥ Take medication, if prescribed

Heart-to-Heart

- ♥ Ask your doctor about your risk of heart disease
- ♥ Make a list of questions **before** your visit, write down or tape record what the says
- ♥ Tell your doctor if you smoke, describe your physical activity
- ♥ Tell your doctor any symptoms you feel

The Heart Attack Warning Signs

- ♥ Chest discomfort
 - Usually in the **center** of the chest
 - Lasts for **more than a few minutes**, or **goes away and comes back**
 - Can feel like **uncomfortable pressure, squeezing, fullness, or pain**
- ♥ Discomfort in **other areas of the upper body**, including pain or discomfort in **one or both arms**, the **back**, **neck**, **jaw**, or **stomach**
- ♥ Shortness of breath
- ♥ Other symptoms, such as breaking out in a **cold sweat**, **nausea**, or **light-headedness**

♥♥ ACT IN TIME ♥♥

The Heart Attack Survival Plan

- ♥ Call 9-1-1 within minutes—5 minutes at most
- ♥ Emergency medical personnel will begin treatment at once
- ♥ Don't drive yourself to the hospital
- ♥ Uncertainty is normal—don't be embarrassed by a false alarm
- ♥ Plan ahead
- ♥ Learn the warning signs